

Grounding[®] Brand

Connect with Mother Earth



Earthing Sheet Kit Contents:

- 1 - Sheet or pillow case with connection ports
- 1 - 16' Ground connection cable (USA)

Instructions for Use

Step 1: Put your Grounding Brand sheet (or pillowcase) on your bed as normal.

Step 2: Insert the male end of the grounding cable into the ground port (third hole) of the nearest outlet as shown above. Optional: Check the outlet for a good ground connection using an outlet tester. They are readily available at your local hardware store.

Step 3: Connect the female end of the cable onto one of the ports sewn into the sheet.

Step 4: Lie on or under the sheet with your bare skin in contact with it. This will transfer energy from the earth to your body, providing many health benefits as you sleep.



Extra connection ports are for convenience when connecting multiple sheets or pillowcases together.

Maximum earthing effect for the whole sheet is achieved with one (1) cable connected to the outlet.

Care and Cleaning

Our premium-quality earthing sheets are made from 95% cotton woven with a 5% pure silver conductive grid. The sheet is durable and will stand up to hundreds of washings and dryings on the low heat setting.

Wash weekly in warm (not hot) water and liquid detergent by machine or hand, with towels or linens, for optimal silver shine. Dry in low heat, or line dry. Please do NOT use bleach, fabric softener, whitening detergents, oxidizers, or detergents with oils such as lavender or coconut oil, which can tarnish the silver.

Please Note: After applying lotion to your skin, wait at least 1 hour before laying on the sheet or pillowcase.

Please visit
GroundingBrand.com
for more information!